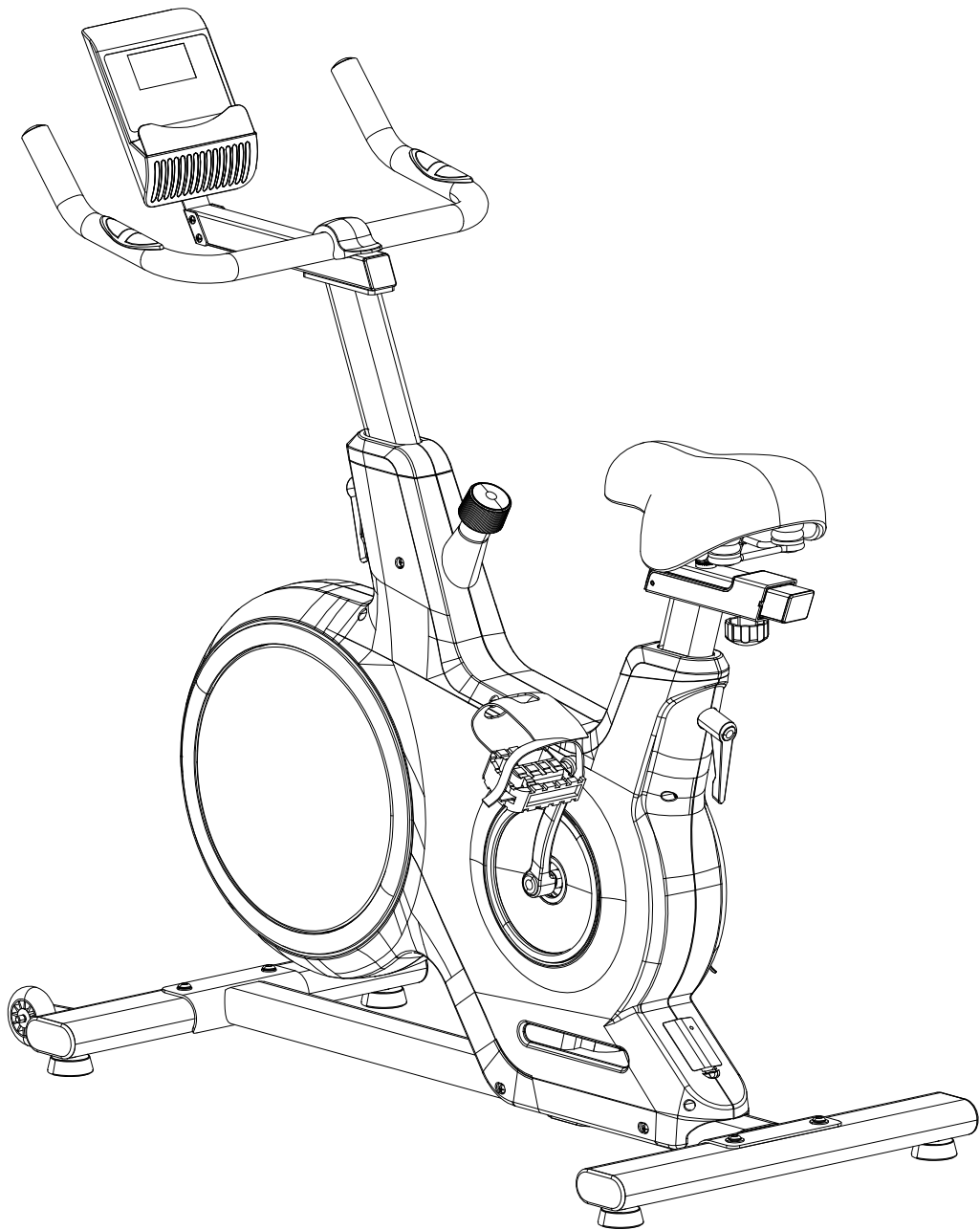


SPIN BIKE

MS-218



Instruction Manual

Please noted:

1. The maximum load of this bicycle is 120kg, and the usage area is 1500*900. Predict your weight before exercise and ensure that there is enough space for exercise. Only one person can use it at a time. Overload will cause damage to users and machines.
2. Safety is a factor that must be considered for exercise. Before each use, please check the operating conditions of each part, and spend a small amount of time to read the user guide.
3. This guide contains important things such as installation and warm-up, which will help you avoid injury and help you maximize the effect of bicycle use.

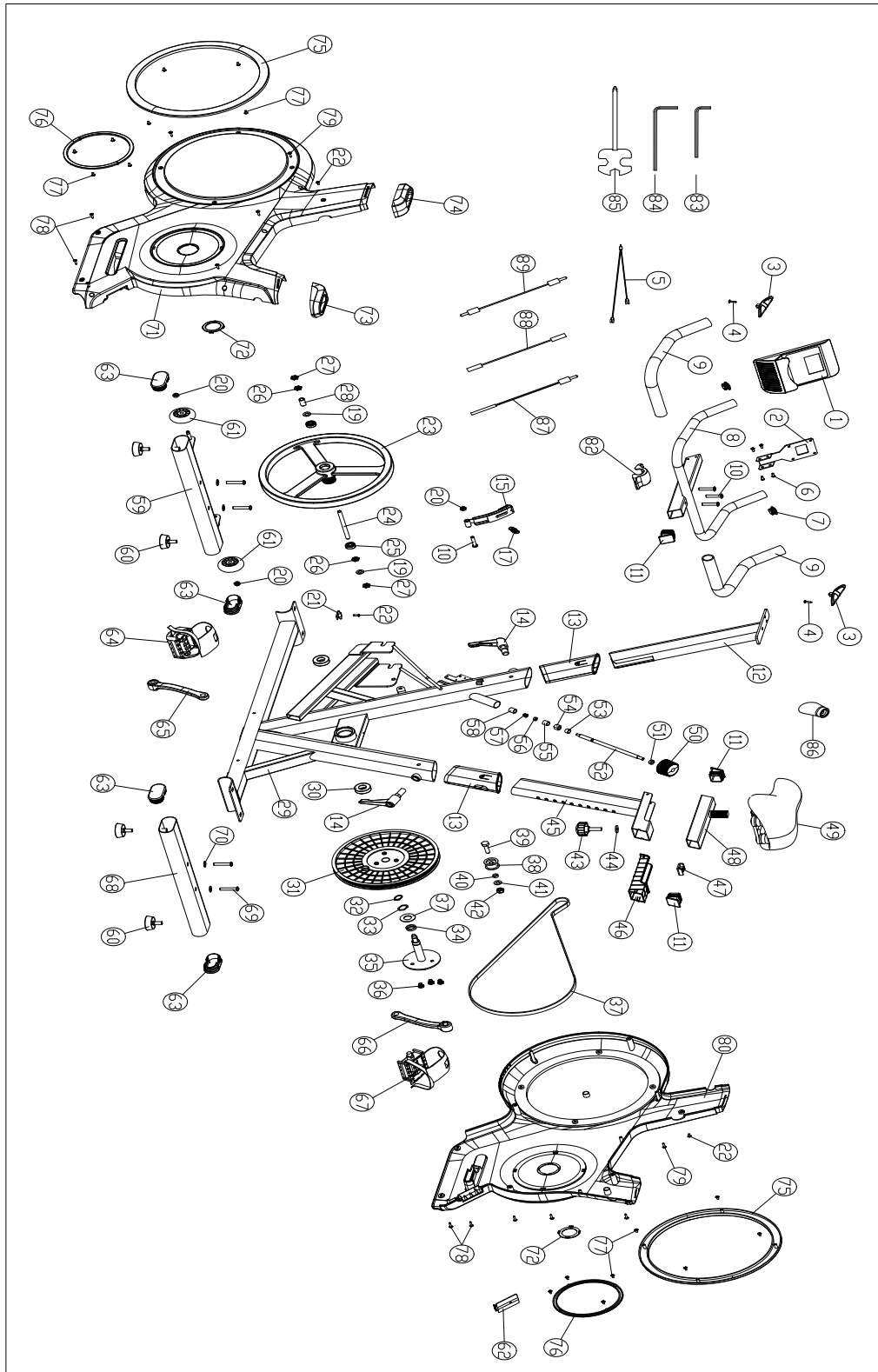
Please check the list before use

1. Please read this guide before installation or exercise
2. Please place the bicycle on a level ground.
3. Ensure that the firm parts of the equipment are tight and the parts are in a normal and natural state.
4. When exercising, please wear sportswear, sports shoes or shoes with rubber.
5. Never stand barefoot on an elliptical bike.
6. Please do warm-up before exercising.
7. Store the bicycle in a dry, cool place, keep children and pets away.
8. Wish you a happy practice.

Please noted:

1. If you have dizziness, vertigo, chest tightness, etc., please stop exercising immediately.
2. Determine the amount of training based on your physical condition
3. When using the bicycle, you should exercise according to guidelines that conform to the laws of human biomechanics. Excessive exercise may cause harm to human health.
4. This bicycle is only suitable for home use, and the user level is HC. Pay special attention to the components, the vulnerable parts are the grip and bearing.
5. The overall performance of the bicycle and its moving parts must be checked regularly to ensure the safety of the product.
6. If the moving parts are damaged, stop using it until repaired.
7. Bicycles are not children's toys.
8. Parents and other children's guardians should be clear about their responsibilities, because the children's playfulness and experimenting nature will lead to some unexpected situation.

COMPLETE EXPLOSION DRAWING



PART LIST

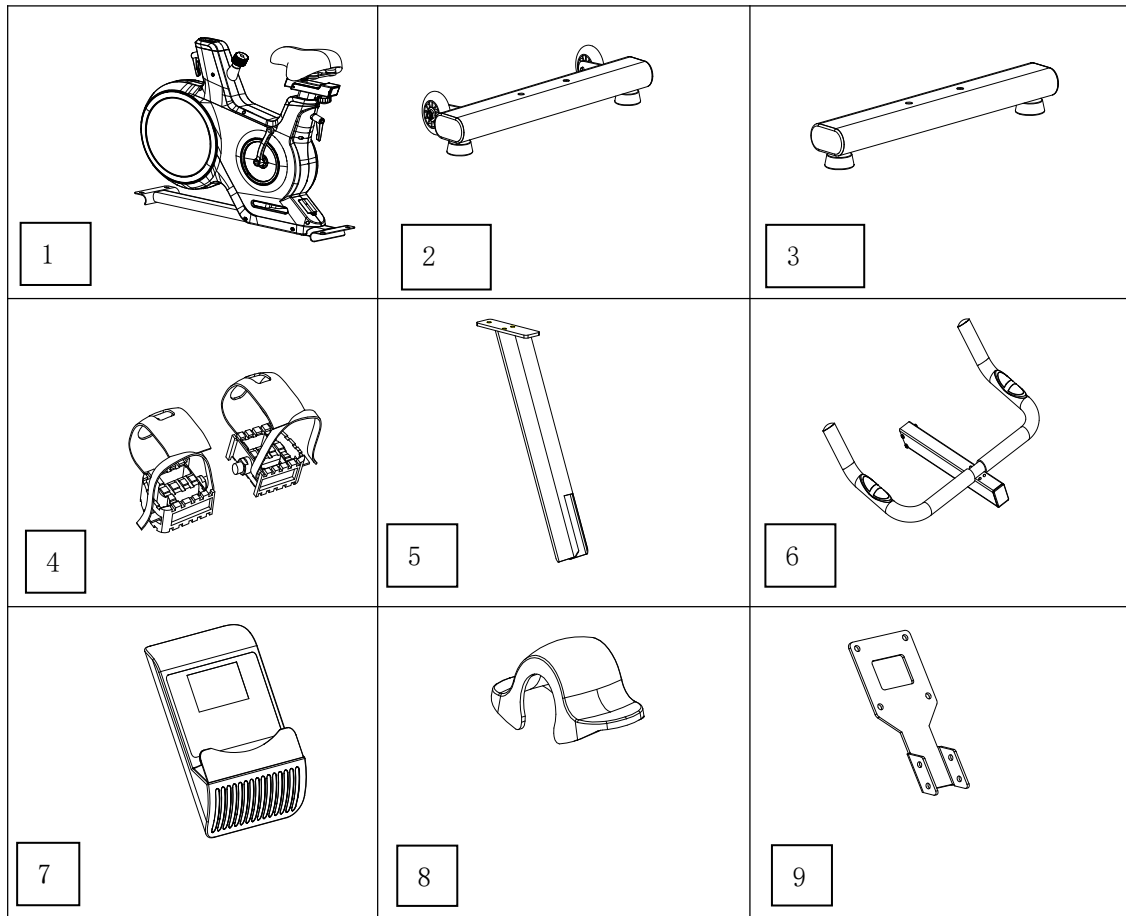
NO.	Name	QTY	Description
1	Console	1	
2	Console Plate	1	
3	Sensor	2	
4	Pan Head Tapping Screws	2	ST4.2x16
5	Heart Rate Wire	1	
6	Phillips Pan Head Screw	4	M5×10L
7	Handlebar Tube Plug	2	PP
8	Handlebar	1	
9	Foam	2	
10	Hexagon Socket Flat Head Screw	4	M8xP1.25x40L
11	Square Tube Plug	3	PP
12	Handlebar Support Post	1	
13	Bushing	2	PP
14	L-Knob	2	
15	Magnet Board	1	
16			
17	Extension Spring	1	
18			
19	Flat Washer(thin)	2	∅ 10.2× ∅ 14×0.5t
20	Lock Nut	3	M8
21			

22	Phillips Tapping Screw	3	ST4.2*10
23	Flywheel	1	Φ34xΦ350
24	Flywheel Shaft	1	Φ 10x130
25	Bearing	2	6000RS
26	Hex Nut	2	4T
27	Hex Nut	2	8T
28	Adjusting Bushing	2	Φ 14× Φ 10.2×27L
29	Frame	1	
30	Bearing	2	6004RS
31	Belt Pulley	1	Φ 280×20×PJ6
32	C-clip for Shaft	1	Φ 20
33	Wave Washer	1	Φ 21× Φ 27×0.3t
34	Support Package	1	Φ 26x Φ 20.2x6L S15C
35	Crank	1	Φ 20x162L
36	Hexagon Head Bolt	3	M8×10L
37	Flat Washer	1	Φ 21× Φ 30×0.3t
38	Pinch Roller	1	Φ 37× Φ 30×22.4L
39	Roller Screw	1	M10x1.5 44.5L
40	Casing	1	Φ 14× Φ 10.2×6L S15C
41	Flat Washer	1	Φ 10.2× Φ 20×1.5t
42	Lock Nut	1	M10×1.5
43	Knob	1	PP M10
44	Flat Washer	1	Φ 10.2× Φ 25×1.5t

45	Seat Tube	1	
46	Seat Cushion Slider	1	pp
47	Seat Cushion	1	
48	Seat Cushion Sliding Group	1	
49	Seat	1	
50	Brake Knob	1	ABS
51	Hex Nut	1	M8
52	Brake Rod	1	M8×P1.5×235L
53	Spacing Casing	1	∅ 14×∅ 10.2×9L
54	Brake Compression Nut	1	17x13.7x12L
55	Roller Spacer	1	∅ 14×∅ 10.2×14t
56	Hex Nut	1	M6×5t
57	Cap Nut	1	M6
58	Positioning Sleeve	1	ABS
59	Front Stabilizer	1	
60	Adjustable Foot Pad	4	PVC ∅ 48
61	Transport wheel	2	∅ 61
62	Bluetooth Cover	1	ABS
63	Oval Tube Plug	4	PP
64	Left Pedal	1	9/16
65	Left Crank	1	165
66	Right Crank	1	165
67	Right Pedal	1	9/16

68	Rear Stabilizer	1	
69	Hexagon Socket Flat Head Screw	4	M8×50L
70	Flat Washer	4	∅ 8.5×∅ 20×1.5t
71	Left Cover	1	ABS
72	Crank Hole Decorative Cover	2	PVC
73	Seat Tube Decorative Cover	1	ABS
74	Handlebar Decorative Cover	1	ABS
75	Big Circle Ring	2	ABS
76	Small Circle Ring	2	ABS
77	Cross Recessed Tapping Screw	16	ST3.5×10L
78	Self-tapping Drill Screw	4	ST4.2×19L
79	Cross Recessed Tapping Screw	9	ST4.2×19L
80	Right Cover	1	ABS
81			
82	Handlebar decoration Upper Cover	1	ABS
83	Allen Wrench	1	Subtense 4mm
84	Allen Wrench	1	Subtense 5mm
85	Cross Wrench	1	
86	Brake Decoration Cover	1	ABS
87	Sensor Wire(bottom)	1	
88	Sensor Wire(middle)	1	
89	Sensor Wire(top)	1	

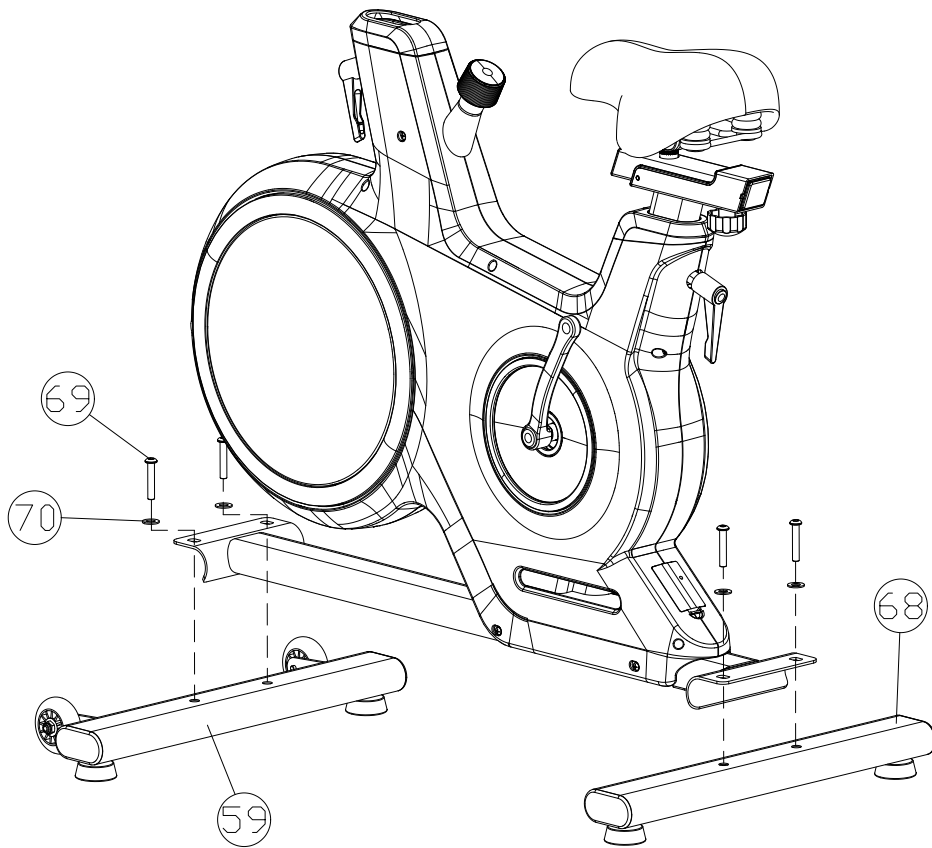
Details



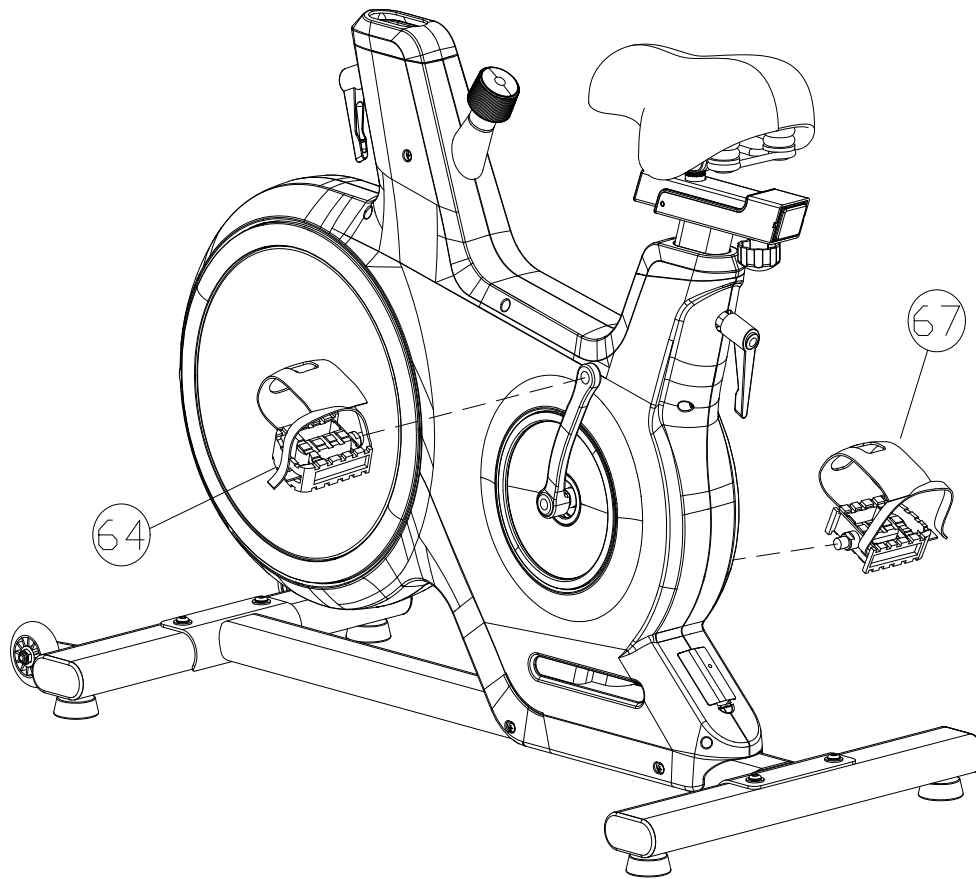
Assembly Parts List

NO.#	Name	Specification	QTY
1	Frame		1
2	Front Stabilizer		1
3	Rear Stabilizer		1
4	Pedal		1 (each side)
5	Handlebar Support Post		1
6	Handlebar		1
7	Console		1
8	Handlebar Decoration Upper Cover		1
9	Console Plate		1

Assemble Step:

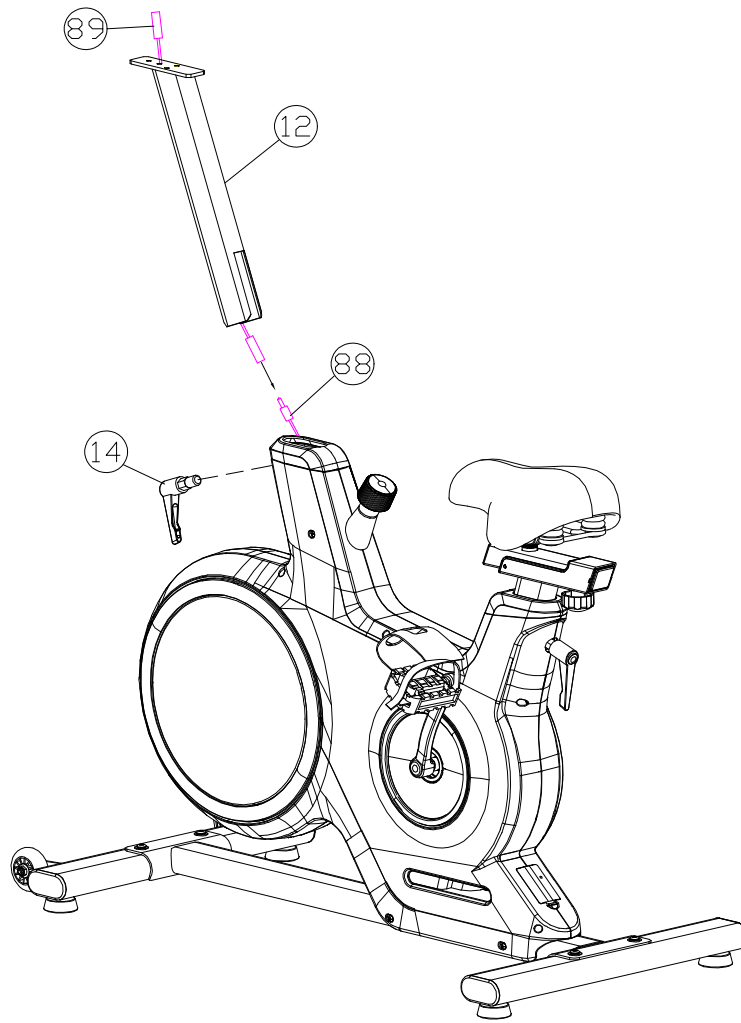


Step 1: Attached the front stabilizer (59) and rear stabilizer (68) on main frame with flat washers (70), hexagon socket flat head screws (69) and Allen wrench (84).

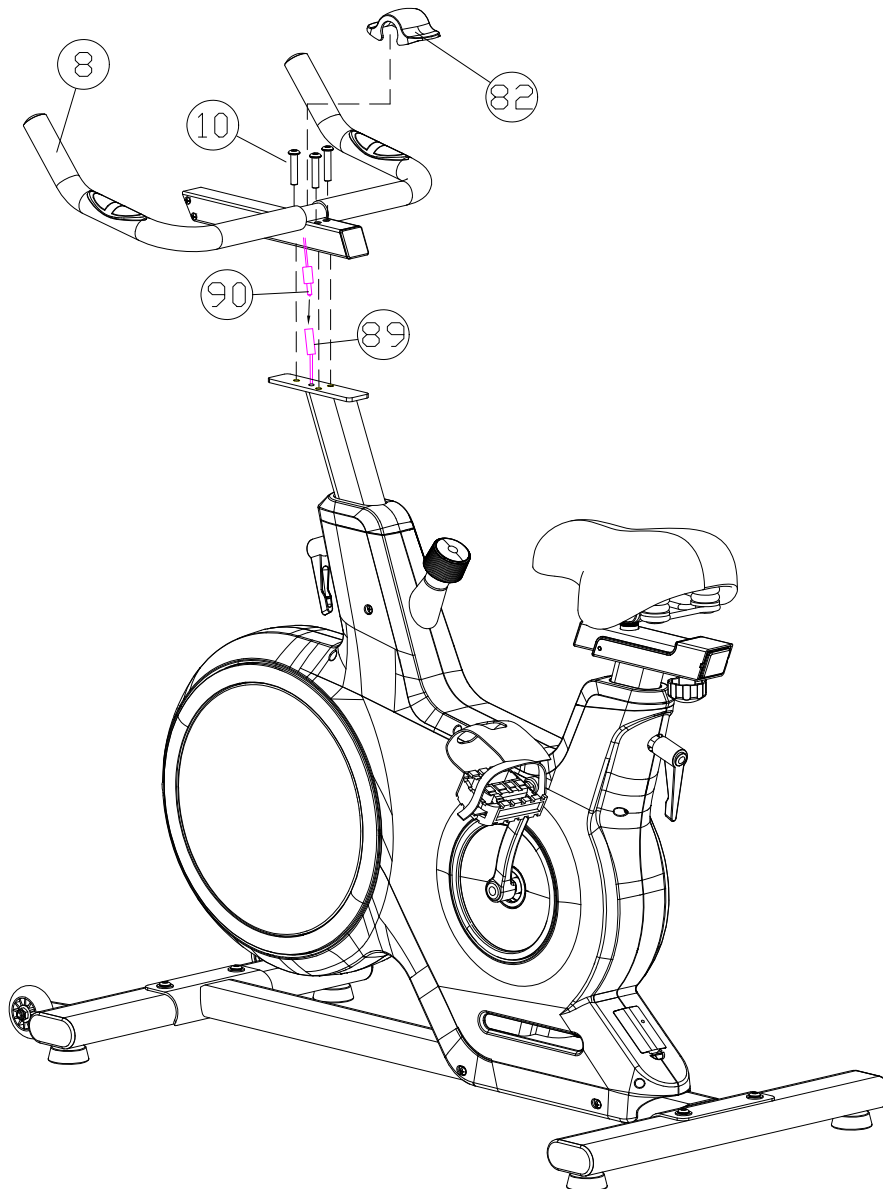


Step 2: Attach the pedal(64)&(67)on the Crank with the cross wrench (85).

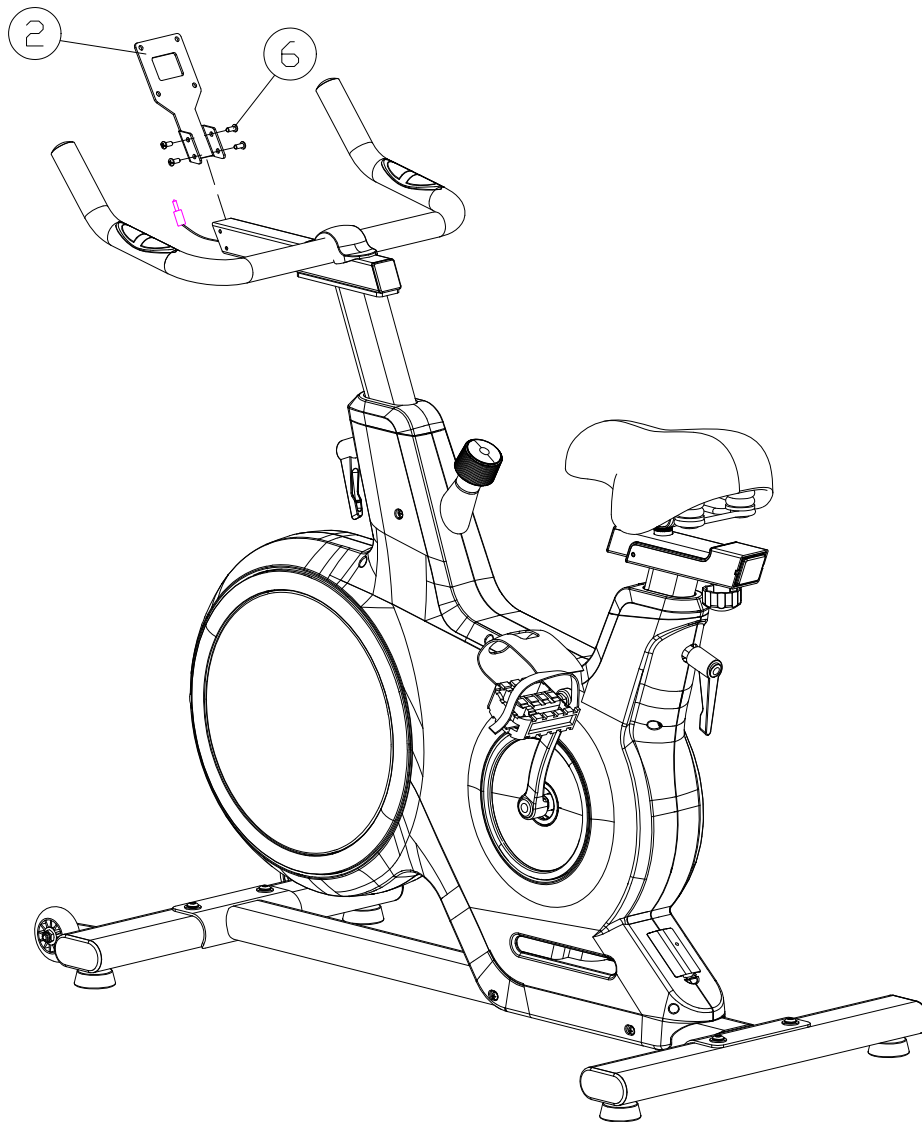
Be sure the right pedal(67) marked (R) is attached to the right crank tightly in the clockwise direction. The left pedal(64) marked(L) is attached to the left crank tightly in the anticlockwise direction.



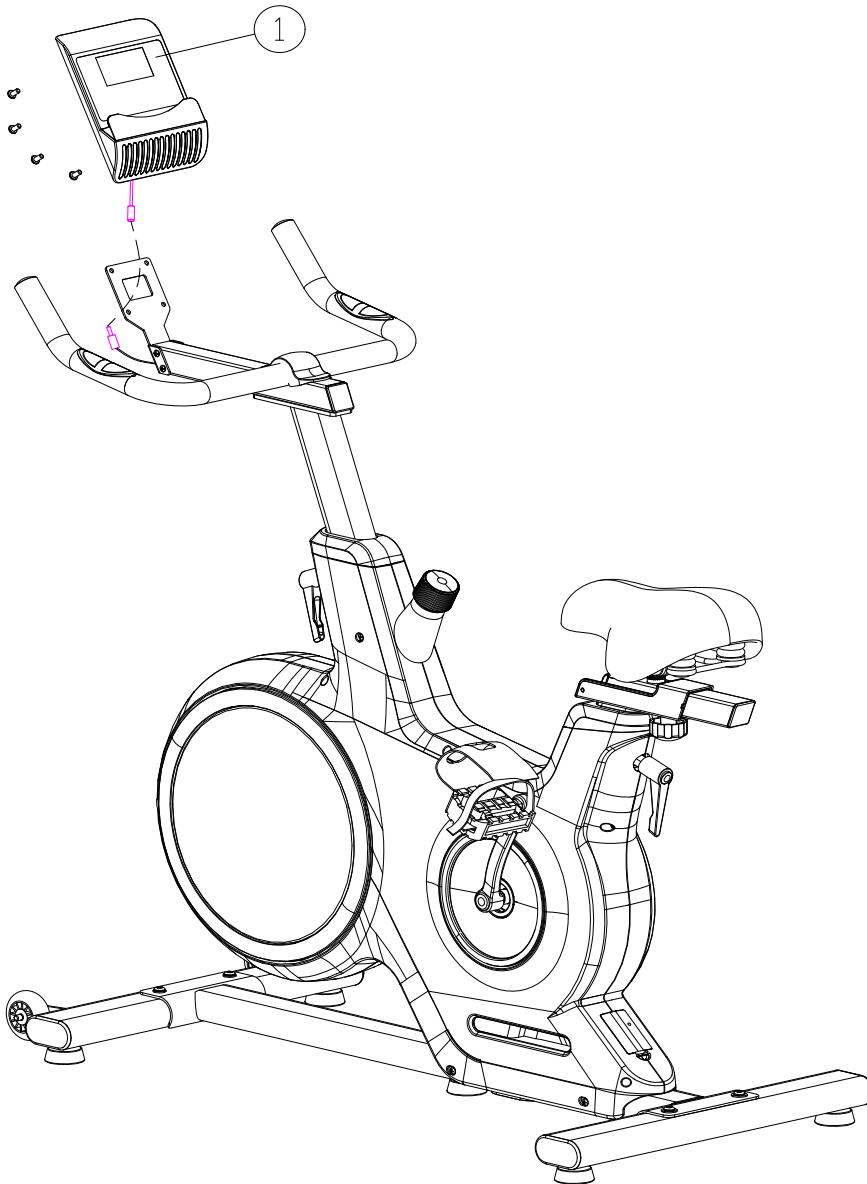
Step 3: First unscrew the L-shaped knob (14), then insert the handlebar support post (12) into the frame, finally adjust the appropriate hole position and tighten the L-shaped knob.



Step 4: First insert the three m8x40L screws (10) into the three holes of the handlebar (8), then use the Allen wrench (84) to lock the entire handlebar to the three threaded holes of the handlebar support post, finally snap into the Handlebar decoration upper cover (82).



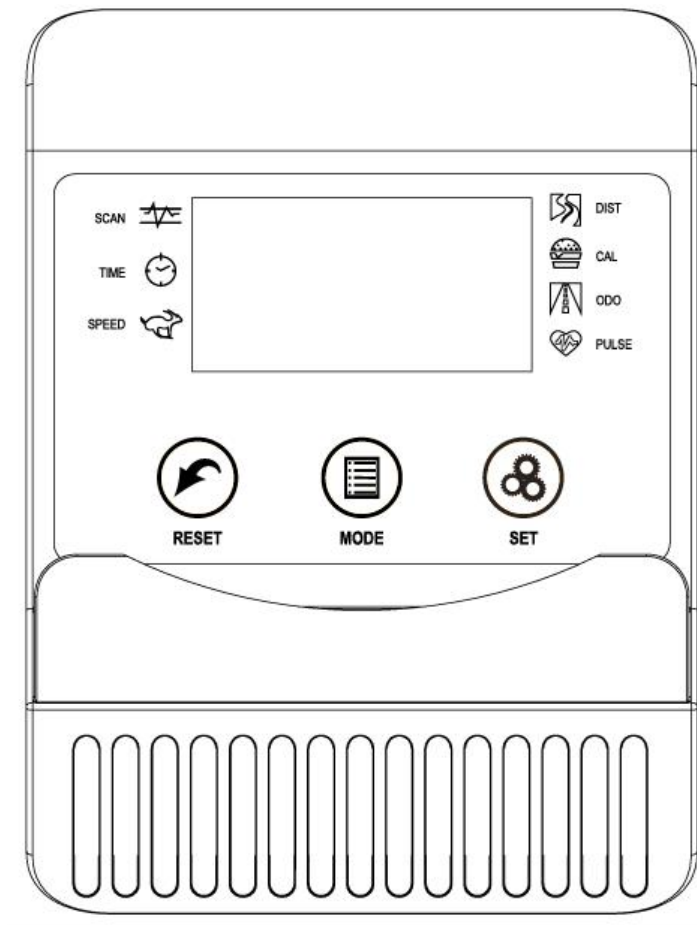
Step5: Attach the console plate(2) to the handlebar with four screws M5 and fasten by Allen wrench(83).



Step 6: Screw out four screws from the console(1) and connect the wires as picture shown, then attach the console(1) on the handlebar with 4 screws and fasten by cross wrench.

Note: Please check and make sure that each connection part is locked firmly before use.

CONSOLE INSTRUCTION



SPECIFICATIONS:

TIME

(TME)00:00-99:59

SPEED(SPD)0.0-99.9KM/H
(ML/H)

DISTANCE(DIST)0.00-99.99
KM(ML)

CALORIES(CAL)0.0-999.
9KCAL

※

ODOMETER(ODO)0-9999K
M(ML)

※

PULSE(PUL)40-24
0BPM

KEY FUNCTIONS:

MODE: This key lets you to select and lock on to a particular function you want.

※**SET (IF HAVE):** can to proceed the data establish for “TIME”“DISTANCE” “CALORIES”.

※**RESET(IF HAVE):** The key to reset the value to zero by pressing the key.

OPERATION PROCEDURES:

1. AUTO ON/OFF

- ◆ The system turns on when any key is pressed or when it sensor an input from the speed sensor.
- ◆ The system turns off automatically when the speed has no signal input or no key are pressed for approximately 4 minutes.

2. RESET

The unit can be reset by either changing battery or pressing the MODE key for 3 seconds.

3. MODE

To choose the SCAN or LOCK if you do not want the scan mode, press the MODE key when the pointer on the function you want which begins blinking.

FUNCTIONS:

1. **TIME:** Press the MODE key until pointer lock on to TIME. The total working time will be shown when starting exercise.
2. **SPEED:** Press the MODE key until the pointer advance to SPEED. The current speed will be shown.
3. **DISTANCE:** Press the MODE key until the pointer advance to DISTANCE. The distance of each workout will be displayed.
4. **CALORIE:** Press the MODE key until pointer lock on to CALORIE. The calorie burned will be displayed when starting exercise.
5. **ODOMETER (IF HAVE):** Press the MODE key until the pointer advance to ODOMETER. The total accumulated distance will be shown.
6. **PULSE (IF HAVE):** Press the MODE key until the pointer advance to

PULSE. User's current heart rate will be displayed in beats per minute. Place the palms of your hands on both of the contact pads (or put ear-clip to ear), and wait for 30 seconds for the most accurate reading.

7.**SCAN**: Automatically display changes every 4 seconds.

BATTERY:

If improper display on monitor, please reinstall the batteries to have a good result.